

Summer Food Service Program

Meal Pattern

| Breakfast | | Serving Size | |
|---|---|---|----------------------|
|  | Fluid Milk |  | 1 cup |
|  | Juice or Fruit or Vegetable |  | 1/2 cup |
|  | Grains/Breads | | |
| | <i>Bread; whole grain or enriched</i> |  | 1 slice* |
| | <i>Cold dry cereal; whole grain, enriched or fortified</i> |  | 3/4 cup (or 1 oz) |
| | <i>Cooked cereal, rice and noodle products</i> |  | 1/2cup |
| Snack Select two of the following four components** | | | |
|  | Fluid Milk |  | 1 cup |
|  | Juice or Fruit or Vegetable |  | 3/4 cup |
|  | Meat or Meat Alternate |  | 1 ounce |
|  | Grains/Breads | | |
| | <i>Bread; whole grain or enriched</i> |  | 1 slice* |
| | <i>Cold dry cereal; whole grain, enriched or fortified</i> |  | 3/4 cup (or 1 oz) |
| | <i>Cooked cereal, rice and noodle products</i> |  | 1/2cup |
| Lunch/Supper | | | |
|  | Fluid Milk |  | 1 cup |
|  | Lean Meat or Poultry or Fish or |   | 2 ounces |
| | Alternate Protein Products or |   | 2 ounces |
| | Cheese or |   | 2 ounces |
| | Egg (Large) or |  | 1 egg |
| | Cooked Dry Beans or Peas or |  | 1/2 cup |
| | Peanut Butter, Soynut Butter, or Nut or Seed Butters or |   | 4 T |
| | Peanuts, Soynuts, Tree Nuts or Seeds or |    | 1 oz = 50% |
| | Yogurt, Plain or Flavored, Unsweetened or Sweetened or an equivalent quantity of any combination of the above meat/meat alternates |  | 8 ounces or 1 cup |
|  | Vegetables and/or Fruits (2 or more) <i>2 separate servings of vegetable and/or fruit</i> |  | 3/4 cup total |
|  | Bread |  | 1 slice * |

* or an equivalent serving of an acceptable grains/breads food component such as cornbread, biscuits, rolls, muffins, pizza crust, etc. made of a whole-grain, bran, or germ product and/or enriched meal or flour.

** For snack, juice may not be served when milk is served as the only other component

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